

Swim  
and  
Survive

# Aqua Quiz

*Be active  
in the water*



EVERYONE CAN BE A LIFESAVER



**Royal Life Saving**

THE ROYAL LIFE SAVING SOCIETY AUSTRALIA

[www.royallifesaving.com.au](http://www.royallifesaving.com.au)

# Swim & Survive Aqua Quiz

Swim and Survive is a national swimming and water safety program that has been educating young people for over twenty years.

It aims to reduce the number of Australians drowning by ensuring that people have a sound knowledge of how to be safe when in and around water, as well as skills in swimming, personal aquatic survival and basic rescue.

Royal Life Saving has developed this Aqua Quiz for use by children participating in the Swim and Survive program at their school or local pool. The activities have been designed to reinforce the key water safety messages that the Swim and Survive program promotes.

In addition to this Aqua Quiz, the website [www.royallifesaving.com.au](http://www.royallifesaving.com.au) is packed with activities for children to do whilst learning about water safety. As well as fun games, quizzes, competitions and information for projects, it also contains teaching and learning materials designed especially for teachers.

Aqua Quiz answers can be found at [www.royallifesaving.com.au](http://www.royallifesaving.com.au)



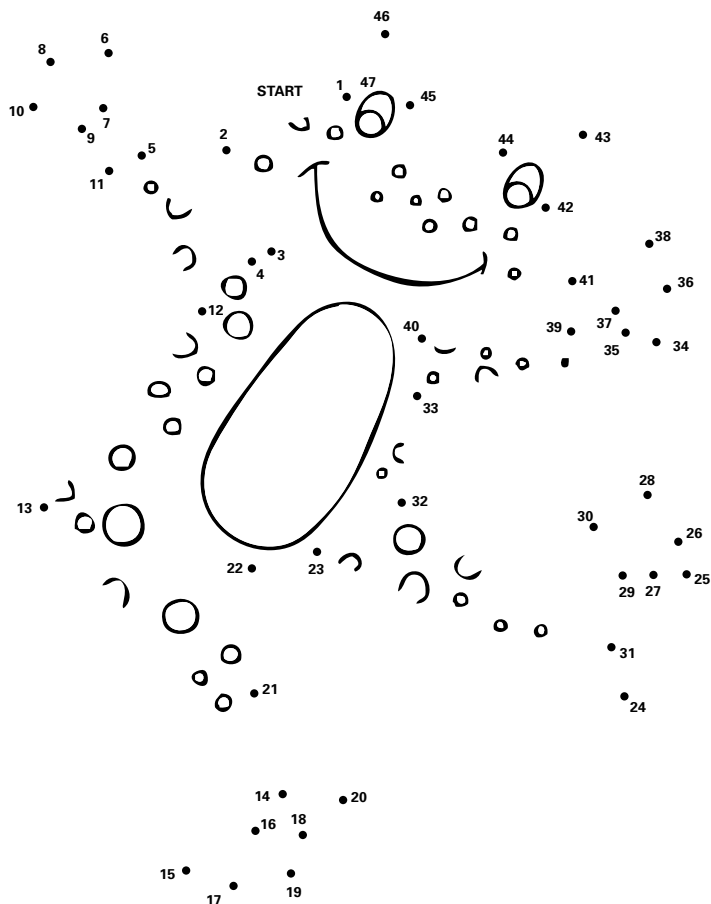
# Activity 1

## Dot to Dot

What animal is having fun in the water?

Join the dots to find out.

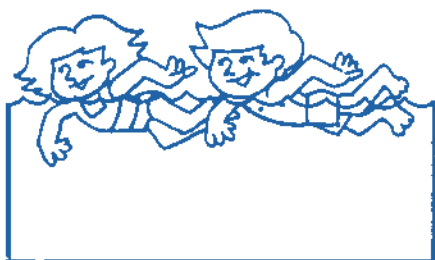
Colour the picture.



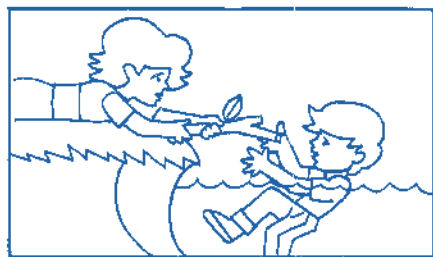
## Activity 2

### Aquacode

Colour in the pictures and draw a line to match the Aquacode rules to the pictures.



Float and Wave



Go Together

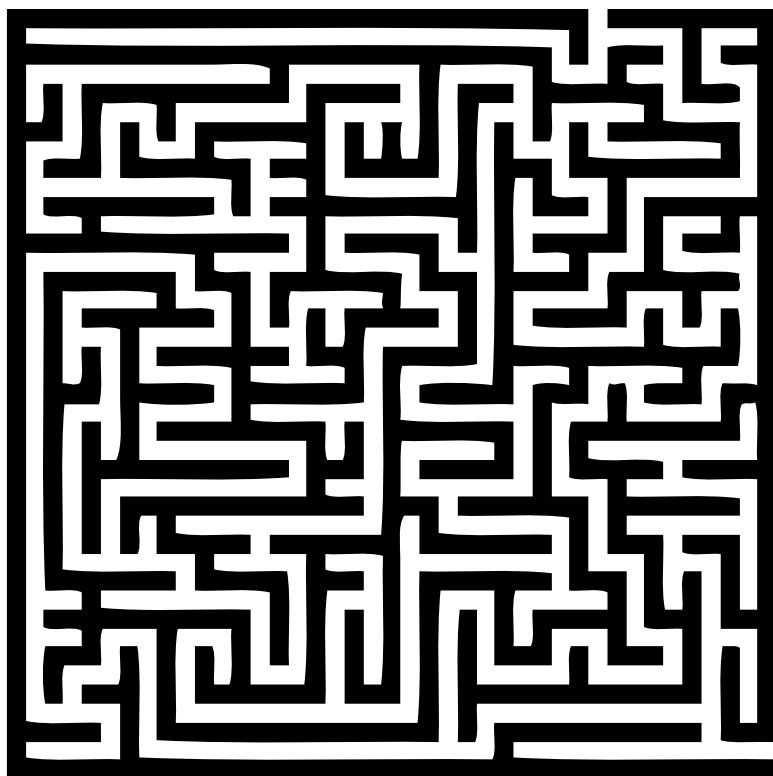


Reach to Rescue

## Activity 3

### Solve the Maze

Jen has lost her goggles in the swimming pool.  
Can you help her find them?



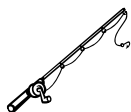
## Activity 4

### Find the rescue aids

Draw a circle around the aids you can use for a reach rescue



Body Board



Fishing Rod



Towel

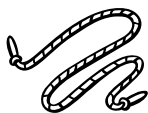


Hat



Walkie Talkie

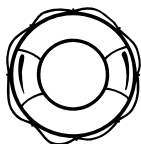
Draw a circle around the aids you can use for a throw rescue



Rope



Goggles



Rescue Ring



Life jacket



Backpack

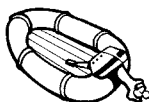
Draw a circle around the aids an adult can use for a row rescue



Inner Tube



Flippers



Rubber Dingy



Ball



Row Boat

## Activity 5

### Water Safety when Fishing

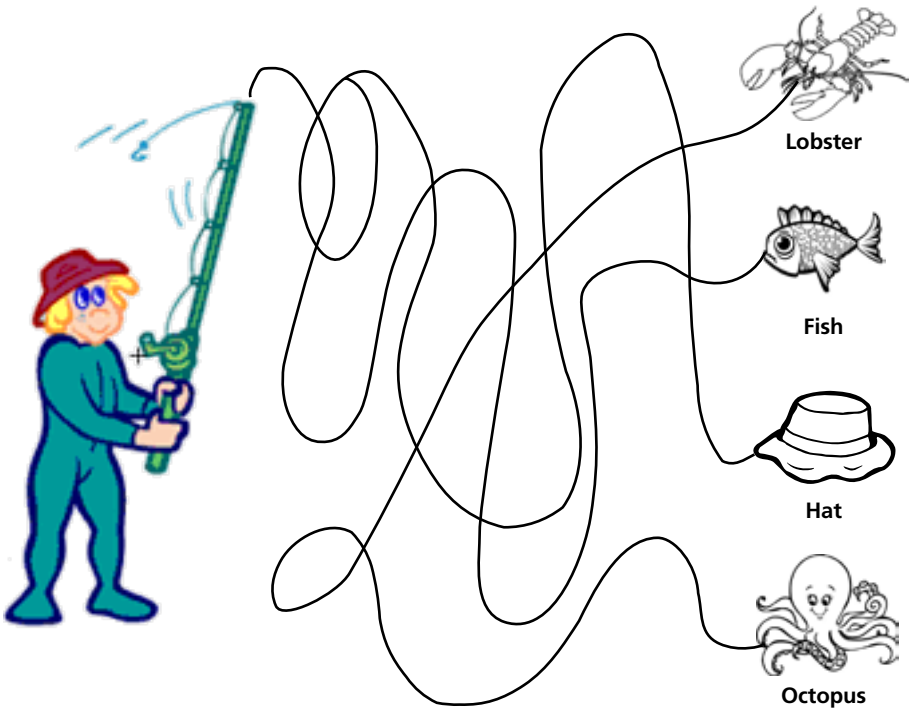
Fishing can be fun and exciting but there are some water safety tips that you need to follow. Can you list them?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Now help Jack find out what he has caught on his fishing rod?



Jack has caught a \_\_\_\_\_.



## Activity 6

### Safety tips

Jack is giving safety tips to 3 different locations. Use the safety tips given and fill it in the empty box above the picture.

“Always wear a lifejacket  
on a boat.”

“Remember to close  
the pool gate.”

“Beware of crumbling  
banks when fishing.”





## Activity 7

### Water Safety Signs

Signs warn us of dangers you can't always see. Draw a line to match the problem with the correct sign that will help.

My friend has cut his finger.  
Where can I find **first aid**?



I want to go swimming.  
How will I know which  
is the **deep end**?



Emergency! I need help.  
Someone is hurt badly.  
Where can I find a **phone** to call 000?



I want to go **surfing**.  
How will I know if I can?



We arrive at the beach.  
Where can we swim at  
the **beach safely**?

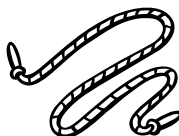
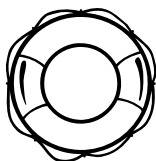
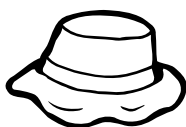


## Activity 8

### Spot the odd one out

Circle the word or item that is different to the others.

1.



2.

FLAGS

RIPS

LIFEGUARDS

FENCE

3.



4.



## Activity 9

### Spot the dangers

Circle as many dangers as you can and write down an explanation of the dangers you have circled.

1 - 5 Dangers: Fair    6 - 10 Dangers: Good    11 + Dangers: Excellent



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## Activity 10

### Unscramble

Unscramble the words below to complete the water safety tips.

When on the beach always swim between the \_ \_ \_ \_ \_ (glasf).

Never swim \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ (eurnuspedvis).

Learn to \_ \_ \_ \_ \_ (wmis).

Open your \_ \_ \_ \_ \_ (yees) and be \_ \_ \_ \_ \_ (rwtae) wise.

Never leave small \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ (Indchrie) alone in the bath.

Stay \_ \_ \_ \_ \_ (eocls) to the edge of the \_ \_ \_ \_ \_ (lpoo).

Never swim out of your \_ \_ \_ \_ \_ (hpted).

Always wear a life \_ \_ \_ \_ \_ (ktejac) when on a boat.

Avoid swimming in \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ (tesoliad) areas.

Learn how to \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ (tateesscru).



# Activity 11

## Find a Word

Help Josh find the Water Safety Words in this puzzle.

F	E	N	C	E	F	M	E	W	T	D	B	P	F	D
W	R	G	O	E	L	W	O	S	A	W	X	I	G	O
T	U	E	N	G	O	T	B	T	R	V	B	O	A	T
F	K	H	S	U	P	E	R	V	I	S	E	L	J	D
T	E	Y	C	C	S	E	V	D	H	Y	A	S	Q	U
A	L	I	I	B	U	V	A	Q	U	A	C	O	D	E
N	D	T	O	W	H	E	K	E	T	U	H	M	W	T
C	D	G	U	U	J	L	F	I	S	H	P	O	N	D
A	U	B	S	S	W	I	M	O	N	I	A	N	J	A
Y	H	R	L	A	O	Y	D	S	L	R	T	E	F	N
W	S	X	R	F	H	S	I	E	Z	O	R	L	N	G
T	N	A	S	E	C	G	F	A	N	T	O	E	M	E
A	D	U	L	T	N	I	R	F	S	A	L	P	B	R
U	C	P	Q	Y	L	T	U	T	T	I	Y	O	A	R
N	I	V	U	G	L	I	F	E	G	U	A	R	D	E

ADULT  
AFLOAT  
AQUACODE  
BEACH  
BOAT

CONSCIOUS  
CURRENT  
DANGER  
FENCE  
FISHPOND

HELP  
HUDDLE  
LIFEGUARD  
PATROL  
PFD

POOL  
RESCUE  
ROPE  
SAFETY  
SIGN

SUPERVISE  
SWIM  
TOW  
WAVES

## Activity 12

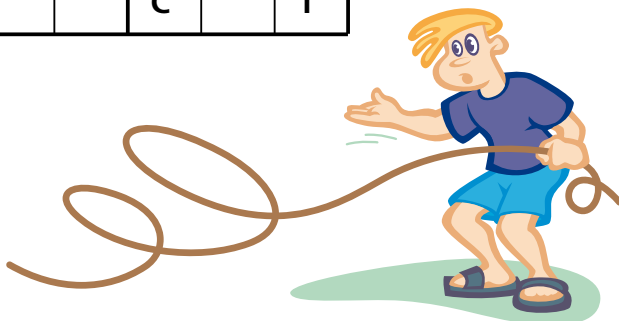
### Sudoku

Try the Aqua Quiz Sudoku; this Sudoku uses letters of the word **EDUCATION** instead of numbers. Sudoku is a puzzle of logic.

To complete the Sudoku grids, every letter in the word 'education' must appear in:

- Each of the nine vertical columns
- Each of the nine horizontal columns
- Each of the nine 3x3 blocks

N		I				D		
	U		I		D			E
	C		O	N		I	T	
E			D					A
O	I		C		U		D	N
T					N			O
	E	N		I	C		O	
C			A		E		U	
		D				C		T



**Finish**

## **Congratulations**

Fill in your details below and hand your completed Aqua Quiz to your Teacher or Swim Coordinator.



***Be active  
in the water***



## **Aqua Quiz Completion Certificate**

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Swim and Survive Level:** \_\_\_\_\_







Log onto  
**[www.royallifesaving.com.au](http://www.royallifesaving.com.au)**  
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